WELCOME TO THE CHILDCARE TELEBRIEFING

First 5 San Diego

LIVE WELL SAN DIEGO

1/12/2021

COMMUNITY CARE LICENSING UPDATES

KIMBERLY HALL, LYA JOHNSON, AND JOE CARRASCO
CDSS REGIONAL MANAGERS

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PUBLIC HEALTH UPDATES

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CHILD HEALTH OFFICER
MEDICAL CARE SERVICES DIVISION, HHSA

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COVID-19 Vaccine Update

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BENEFITS OF GETTING A COVID-19 VACCINE

- COVID-19 vaccination will help keep you from getting COVID-19
- COVID-19 vaccination is a safer way to help build protection
- COVID-19 vaccination will be an important tool to help stop the pandemic

PS – Vaccinations work! Remember the Hep A outbreak?

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html

FACTS ABOUT COVID-19 VACCINES

- FACT: COVID-19 vaccines will not give you COVID-19
- FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests
- FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated
- FACT: Getting vaccinated can help prevent getting sick with COVID-19
- FACT: Receiving an mRNA vaccine will not alter your DNA

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts.html

CLINICAL ADVISORY GROUP FOR COVID-19 VACCINATIONS

TRI-CHAIRS

Dr. Gail Knight

Chief Medical Officer,
Rady Children's Hospital

Co-Chair, Hospital CMO
COVID-19 Advisory Group

Dr. Ankita Kadakia

Medical Director,
Public Health Services,
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Dr. Rodney Hood

Founder & CEO, Multicultural Health Foundation

Physician, San Ysidro Health Center

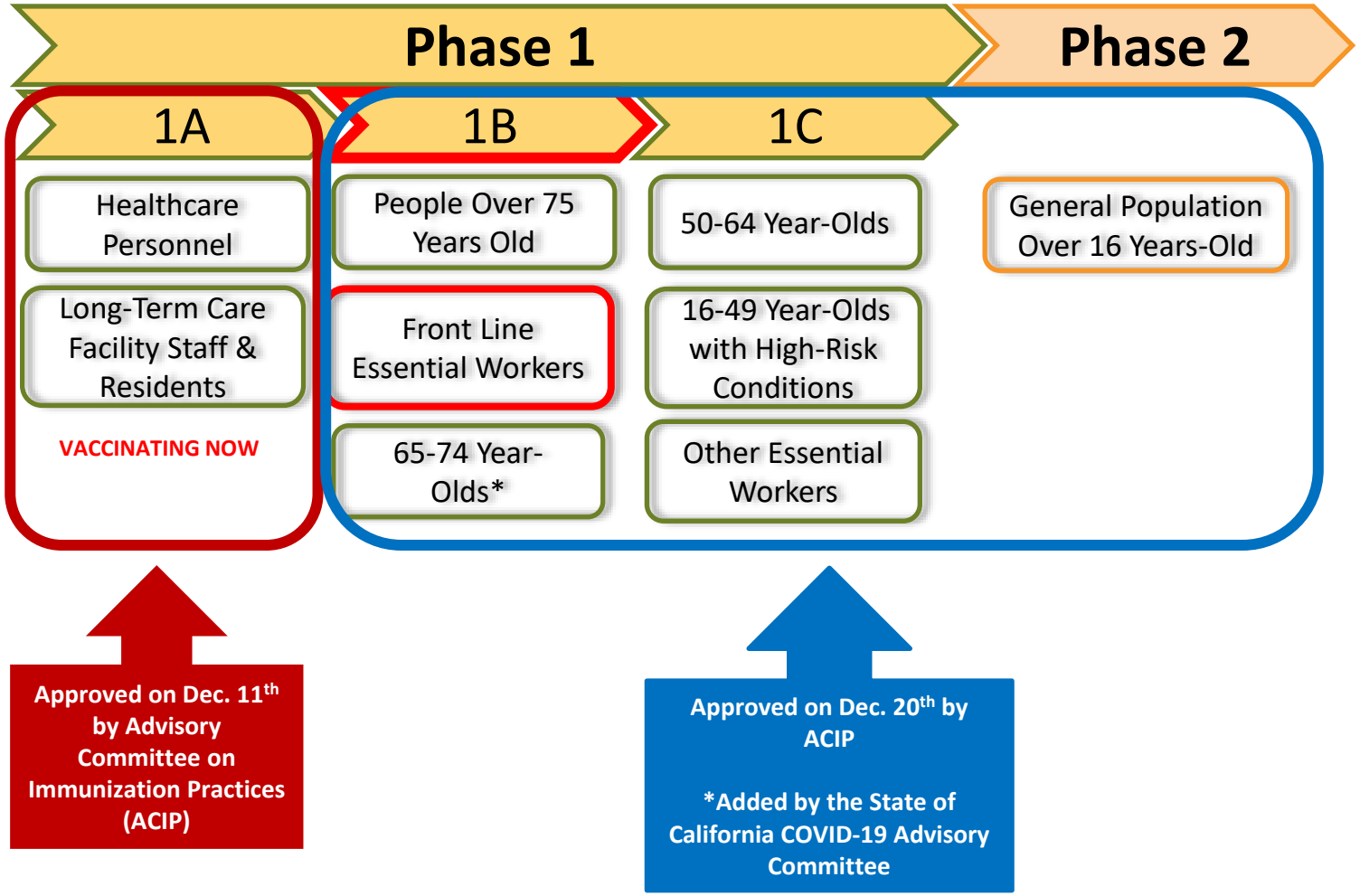
Member, CA Governor's
COVID-19 Vaccine Task Force

Chair, San Diego County
COVID-19 Equity Task Force

COUNTY
CLINICAL REPRESENTATIVES

COMMUNITY
CLINICAL REPRESENTATIVES

COVID-19 VACCINE PHASED APPROACH



VACCINATING PHASE 1A NOW

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1A-Tier 1 Vaccinating NOW

- Acute care, psychiatric, and correctional facility hospitals+
- Skilled nursing facilities, assisted living facilities, and similar settings for older or medically vulnerable individuals
    - Include residents in these settings as recommended for Phase 1A by ACIP
- Paramedics, EMTs, and others providing emergency medical services
- Dialysis centers
- Behavioral health residential facilities

1A-Tier 2 Vaccinating NOW

- Intermediate care, for persons who need non-continuous nursing supervision, and supportive care
- Home healthcare and in-home supportive services
- Community health workers, including promotoras
- Public health field staff
- Primary care clinics, including Federally Qualified Health Centers, Rural Health Centers, correctional facility clinics, and urgent care clinics
- Behavioral health non-residential or outpatient facilities

1A-Tier 3 Vaccinating NOW

Other settings and healthcare workers, including:

- Specialty clinics, laboratory workers, dental/oral health clinics, pharmacy staff not working in settings at higher tiers

VACCINATING PHASE 1B NEXT

Phase 1B** Vaccinating NEXT

- **1B-Tier 1:**
  - Persons aged 75 years and older
  - Those at risk of exposure at work in the following sectors: Education & Childcare; **Emergency Services**; and **Food & Agriculture**
- **1B-Tier 2:**
  - Persons aged 65-74 years of age
  - Those at risk of exposure at work in the following sectors: **Transportation Systems** and logistics; Industrial, **Commercial**, Residential, and Sheltering Facilities and Services; **Critical Manufacturing**
  - Congregate settings with outbreak risk (includes incarcerated and persons experiencing homelessness)

Phase 1C**

- Persons 50-64 years of age
- Persons 16-49 years of age who have an underlying health condition or disability which increases their risk of severe COVID-19
- Those at risk of exposure at work in the following sectors: **Water and Wastewater**; **Defense**; **Energy**; **Chemical and Hazardous Materials**; **Communications** and **IT**; **Financial Services**; **Government Operations**/Community-based Essential Functions

Phase 2**

- General population over 16 years of age

Childcare is identified in Tier 1B**

Essential workforce detailed categories: https://covid19.ca.gov/essential-workforce/

*Determined by CDC Advisory Committee on Immunization Practices (ACIP) and approved by California Department of Public Health.

**Subject to change.

HOW TO GET VACCINATED

THERE WILL SEVERAL WAYS

- Hospital Systems
- County Regional Vaccination Pods and

  Vaccination Super Station
- Pharmacies
- Doctors' offices
- In some instances, vaccines are going to

  the setting directly (i.e., nursing homes)

Monitor our vaccine page, these sector meetings, press conferences, and county news stories as there will be communication as we progress to broader groups.

DOSAGES AND EFFECTIVENESS

MAKERS OF THE VACCINE: PFIZER AND MODERNA

- Both require 2 doses
- Cannot intermix the type of vaccine
- Pfizer is 2 doses, 21 days apart in 16 and up
- Moderna is 2 doses, 28 days apart in 18 and up
- Pfizer is 95% effective, Moderna is 94% effective

EXPECTED SIDE EFFECTS

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

Ask your healthcare provider about getting started with v-safe

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/pdfs/321466-A_FS_What_Expect_COVID-19_Vax_Final_12.13.20.pdf

Key Insights: Research

- **Key motivators:** a return to normal, safety of the vaccine and immunity.
  - ➢ Family was shown to be a powerful motivator.

- **Messages that are testing well:**

➢ At 95 percent efficacy, this vaccine is extraordinarily effective at protecting you from the virus

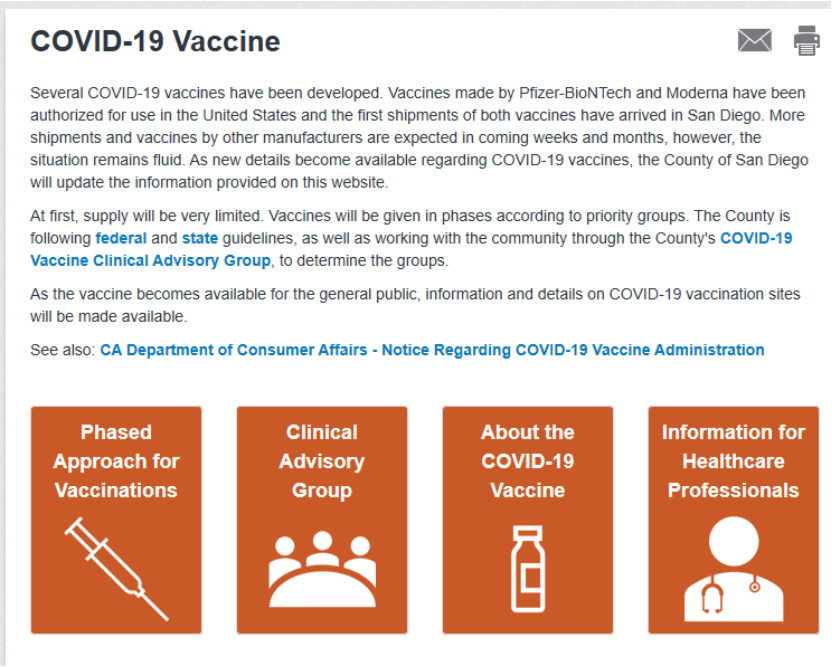
➢ Vaccines will help bring this pandemic to an end

➢ The vaccine will help keep you, **your family**, your community, and your country healthy and safe

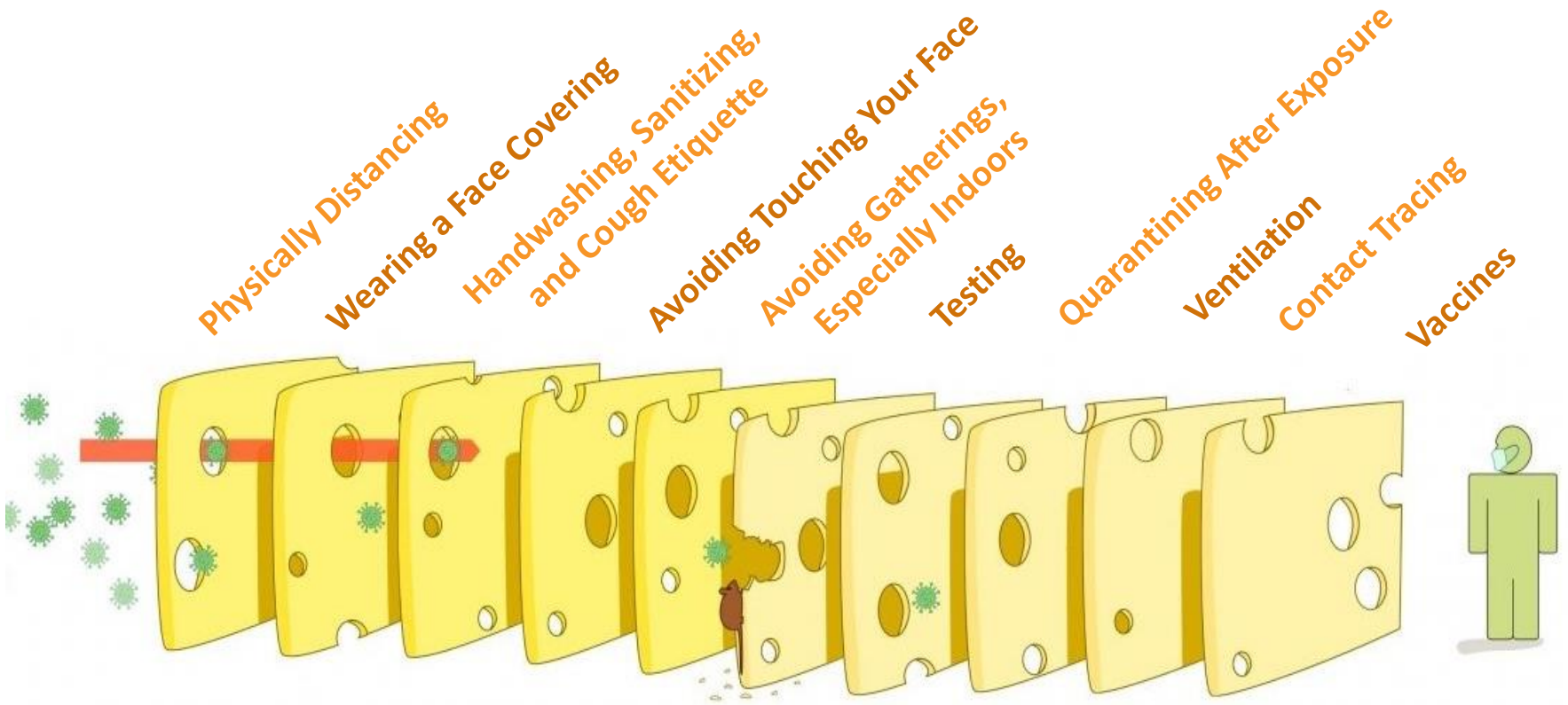
December 2020 Kaiser Family Foundation COVID-19 Vaccine Monitor National Tracking Poll; December 2020 deBeaumont Foundation National Survey, "The Language of Vaccine Acceptance"; October 2020 PPIC Statewide Survey, "California & Their Government:"

VACCINE RESOURCES OF INTEREST

1. County COVID-19 Vaccines page
2. CDC – Benefits of Getting a COVID-19 Vaccine
3. CDC – 8 things to know about the US covid-19 vaccination program
4. CDC – FACTS about COVID-19 Vaccines
5. CDPH Vaccine Page & Vaccinate all 58 campaign
6. "I'm a Vaccine" video
7. Essential workforce detailed categories.

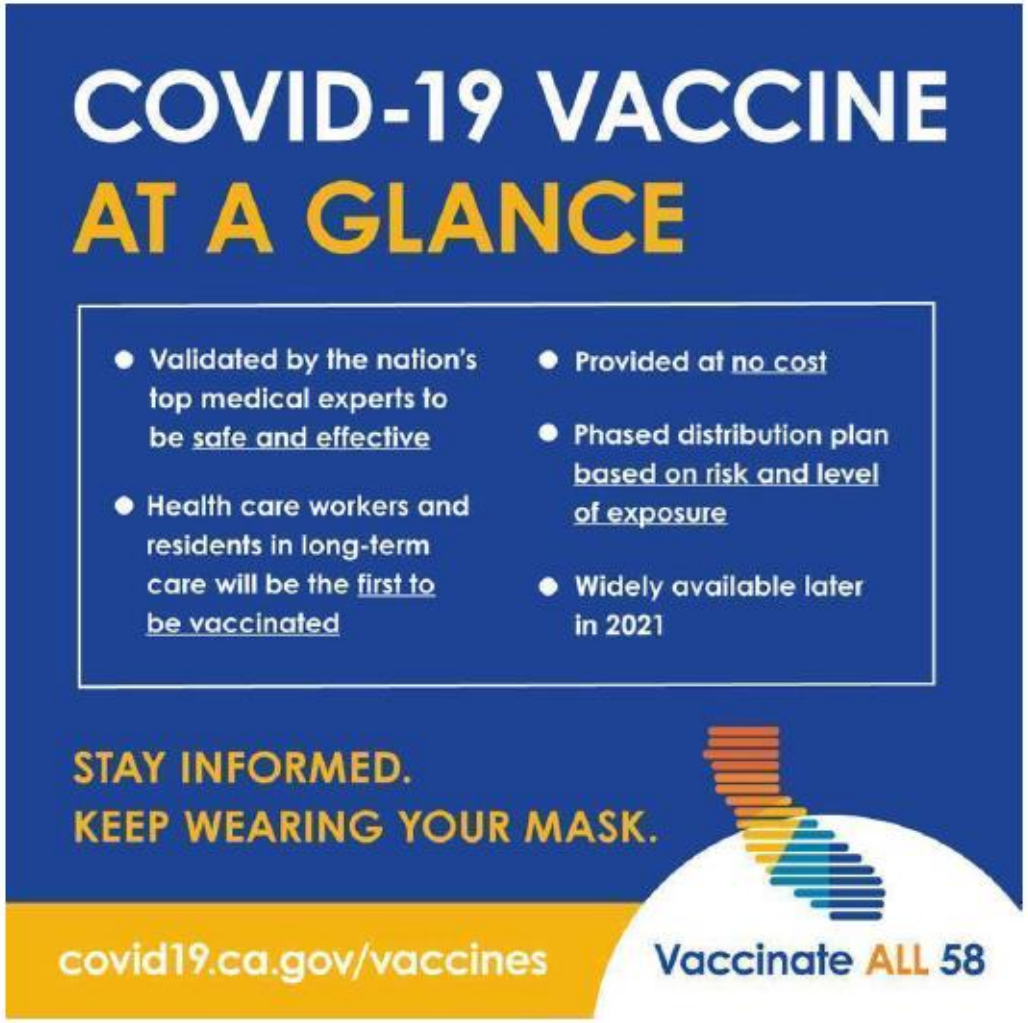


NO SINGLE PREVENTION STRATEGY IS ENOUGH



EACH INTERVENTION (LAYER) HAS IMPERFECTIONS (HOLES).
MULTIPLE LAYERS IMPROVE SUCCESS.

COVID-19 VACCINE UPDATES



County of San Diego Vaccination Information

California Vaccination Information

Frequently Asked Questions

When Do I Get My COVID-19 Vaccine?

Help Spread the Word About COVID-19 Vaccines

COVID-19 Response
Toolkit Resources

Decision Tree
Quarantine & Isolation Calendars
Temp & Symptom Checker FAQ

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COVID-19 Symptom Decision Tree

(1/7/21)

At childcare site, child or staff member develops any one of the following signs or symptoms:

☐ Fever with or without chills/rigors (fever *defined as T >100.0 that does not resolve within 30 min. without medication*)
☐ Cough* ☐ Shortness of breath ☐ Nasal congestion/rhinorrhea (runny nose)* ☐ Sore throat
☐ Nausea, vomiting, or diarrhea* ☐ Fatigue* ☐ New loss of taste/smell ☐ Headache*
☐ Muscle or body aches* ☐ Poor feeding or poor appetite*

* Disregard this symptom if childcare staff/personnel already aware of a chronic, pre-existing condition that causes the symptom. The nature of the presenting symptom (e.g., duration, intensity) must be consistent with the underlying chronic condition.

ACTION: Apply appropriate PPE; isolate child/staff member until sent home; recommend they contact health care provider for instructions/testing.
Note: Other infections can cause similar symptoms (e.g., flu, strep) *but these do not rule out COVID-19 as co-occurring.*

CHILD / STAFF TO STAY HOME UNTIL…

With PCR COVID-19 viral test (Not antibody test; not antigen test)

Negative

Proof of negative test required.

May return 72 hours after symptoms resolved OR 10 days if symptoms are improving.

Consider notification to childcare community.

Positive

Identify all close contacts (as defined by CDC). Identify all cohort/group/class members. Quarantine and exclude close contacts (and work with public health & local Child Care Licensing Regional Office on decision to exclude entire cohort) for **10 days after last date case present.

Notification to childcare community of a known case.

Retested or Not Retested
*Proof of negative test not required

Without PCR Covid-19 viral test

If note from MD/DO/NP/PA, or public health defines case as presumed COVID-19 virus (based on symptoms and circumstances), then: (a) consider notifying staff and parents of cohort of a potential exposure; and (b) in conjunction with public health & local Child Care Licensing Regional Office, exclude "close contacts" (using CDC definition) for **10 days from last day of exposure.
** For people without symptoms, a 14-day quarantine is still required unless a mask can be worn and 6 feet distance maintained when a person returns on days 11-14.

Note from healthcare provider re: chronic illness

A signed note from a licensed MD/DO/NP/PA (who manages that condition) must: confirm the chronic diagnosis (i.e., cites labs, date-of-record when diagnosed); include provider's contact information; explain how symptoms are unrelated to COVID-19; and be accompanied by signed consent for childcare provider to interact with MD/DO/NP/PA.

May return to childcare immediately
Consider individualized child health plan to prevent any future unnecessary dismissals.

Isolate the case. May return when:
(a) 24 hours without fever (no meds) and (b) symptoms are improving AND (c) at least 10 days from symptom onset or test date.

If childcare provider becomes aware of one case in one cohort/class/group, then have childcare administrator fill out the COVID-19 Online Notification Form & call the local Child Care Licensing Regional Office at (619) 767-2200 to report the case for further directions on quarantine. For questions on reporting, outbreaks, or general questions, please call the COVID-Epi Schools line at (619) 632-8636, leave a message and your call will be returned.

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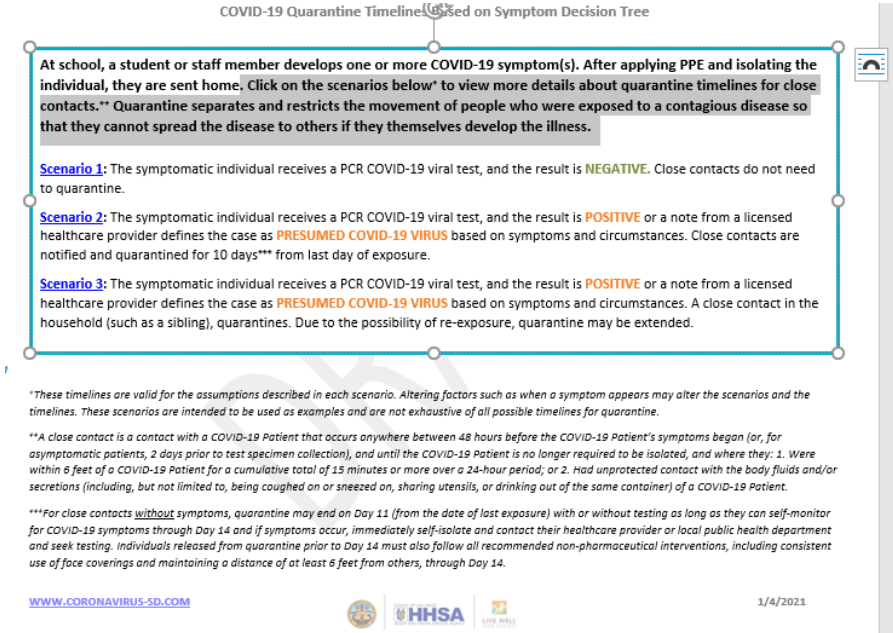
UPDATES:

- NEW quarantine guidance
- Replaced Epi Call in number with NEW COVID-19 Online Notification Form

QUARANTINE & ISOLATION CALENDARS

The COVID-19 quarantine calendar is to provide scenarios & detailed examples of quarantine timelines.

These are adaptable by childcare & could be utilized as a resource if needed.



COVID-19 Quarantine Timelines Based on Symptom Decision Tree

At school, a student or staff member develops one or more COVID-19 symptom(s). After applying PPE and isolating the individual, they are sent home. Click on the scenarios below* to view more details about quarantine timelines for close contacts. Quarantine separates and restricts the movement of people who were exposed to a contagious disease so that they cannot spread the disease to others if they themselves develop the illness.**

Scenario 1: The symptomatic individual receives a PCR COVID-19 viral test, and the result is NEGATIVE. Close contacts do not need to quarantine.

Scenario 2: The symptomatic individual receives a PCR COVID-19 viral test, and the result is POSITIVE or a note from a licensed healthcare provider defines the case as PRESUMED COVID-19 VIRUS based on symptoms and circumstances. Close contacts are notified and quarantined for 10 days*** from last day of exposure.

Scenario 3: The symptomatic individual receives a PCR COVID-19 viral test, and the result is POSITIVE or a note from a licensed healthcare provider defines the case as PRESUMED COVID-19 VIRUS based on symptoms and circumstances. A close contact in the household (such as a sibling), quarantines. Due to the possibility of re-exposure, quarantine may be extended.

*These timelines are valid for the assumptions described in each scenario. Altering factors such as when a symptom appears may alter the scenarios and the timelines. These scenarios are intended to be used as examples and are not exhaustive of all possible timelines for quarantine.

**A close contact is a contact with a COVID-19 Patient that occurs anywhere between 48 hours before the COVID-19 Patient's symptoms began (or, for asymptomatic patients, 2 days prior to test specimen collection), and until the COVID-19 Patient is no longer required to be isolated, and where they: 1. Were within 6 feet of a COVID-19 Patient for a cumulative total of 15 minutes or more over a 24-hour period; or 2. Had unprotected contact with the body fluids and/or secretions (including, but not limited to, being coughed on or sneezed on, sharing utensils, or drinking out of the same container) of a COVID-19 Patient.

***For close contacts without symptoms, quarantine may end on Day 11 (from the date of last exposure) with or without testing as long as they can self-monitor for COVID-19 symptoms through Day 14 and if symptoms occur, immediately self-isolate and contact their healthcare provider or local public health department and seek testing. Individuals released from quarantine prior to Day 14 must also follow all recommended non-pharmaceutical interventions, including consistent use of face coverings and maintaining a distance of at least 6 feet from others, through Day 14.

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COVID-19 Quarantine Timelines Based on Symptom Decision Tree

Scenario 1: The individual receives a PCR COVID-19 viral test, and the result is NEGATIVE. Close contacts do not need to quarantine.

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Individual develops symptoms and receives a COVID test later that day	6	7 Individual obtains a NEGATIVE test result	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Close contacts remain in school

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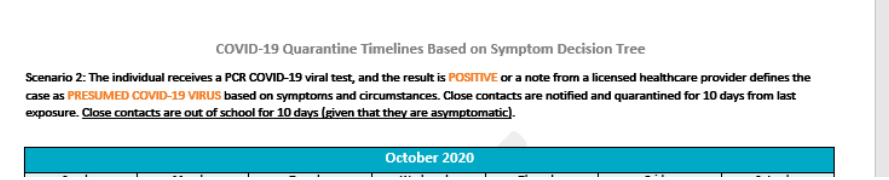
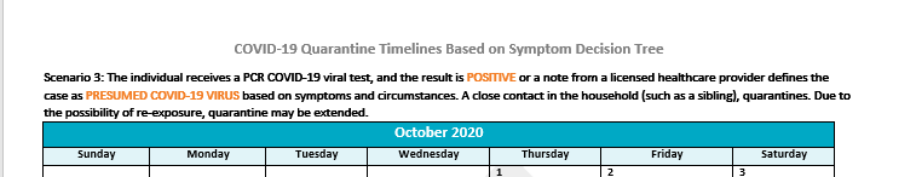


COVID-19 Quarantine Timelines Based on Symptom Decision Tree

Scenario 2: The individual receives a PCR COVID-19 viral test, and the result is POSITIVE or a note from a licensed healthcare provider defines the case as PRESUMED COVID-19 VIRUS based on symptoms and circumstances. Close contacts are notified and quarantined for 10 days from last exposure. Close contacts are out of school for 10 days (given that they are asymptomatic).

October 2020



COVID-19 Quarantine Timelines Based on Symptom Decision Tree

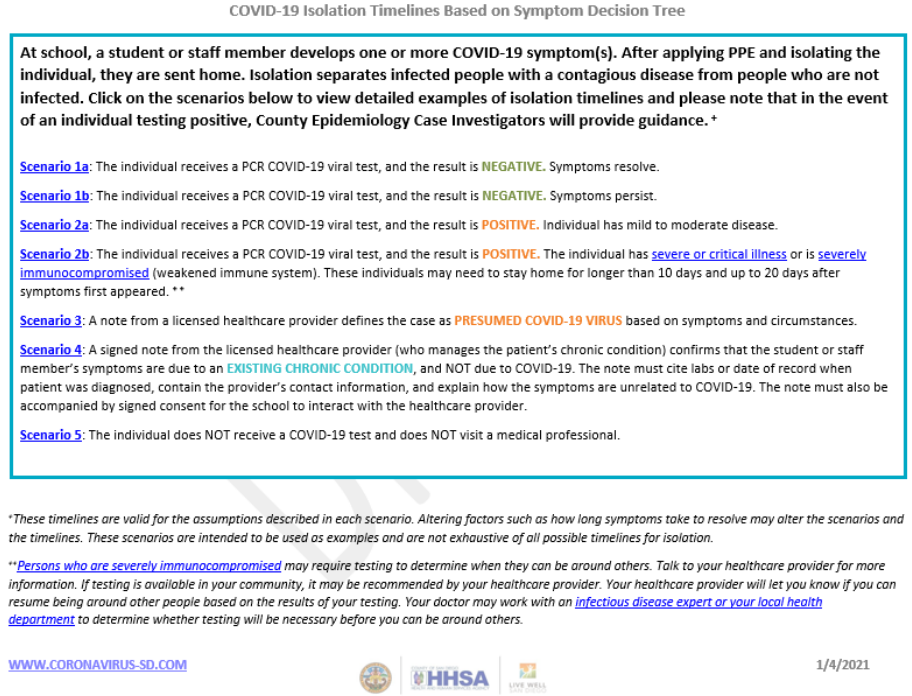
Scenario 3: The individual receives a PCR COVID-19 viral test, and the result is POSITIVE or a note from a licensed healthcare provider defines the case as PRESUMED COVID-19 VIRUS based on symptoms and circumstances. A close contact in the household (such as a sibling), quarantines. Due to the possibility of re-exposure, quarantine may be extended.

October 2020

QUARANTINE & ISOLATION CALENDARS

The COVID-19 isolation calendar is to provide scenarios & detailed examples of isolation timelines.

These are adaptable by childcare and could be utilized as a resource if needed.



COVID-19 Isolation Timelines Based on Symptom Decision Tree

At school, a student or staff member develops one or more COVID-19 symptom(s). After applying PPE and isolating the individual, they are sent home. Isolation separates infected people with a contagious disease from people who are not infected. Click on the scenarios below to view detailed examples of isolation timelines and please note that in the event of an individual testing positive, County Epidemiology Case Investigators will provide guidance.*

Scenario 1a: The individual receives a PCR COVID-19 viral test, and the result is NEGATIVE. Symptoms resolve.

Scenario 1b: The individual receives a PCR COVID-19 viral test, and the result is NEGATIVE. Symptoms persist.

Scenario 2a: The individual receives a PCR COVID-19 viral test, and the result is POSITIVE. Individual has mild to moderate disease.

Scenario 2b: The individual receives a PCR COVID-19 viral test, and the result is POSITIVE. The individual has severe or critical illness or is severely immunocompromised (weakened immune system). These individuals may need to stay home for longer than 10 days and up to 20 days after symptoms first appeared. **

Scenario 3: A note from a licensed healthcare provider defines the case as PRESUMED COVID-19 VIRUS based on symptoms and circumstances.

Scenario 4: A signed note from the licensed healthcare provider (who manages the patient's chronic condition) confirms that the student or staff member's symptoms are due to an EXISTING CHRONIC CONDITION, and NOT due to COVID-19. The note must cite labs or date of record when patient was diagnosed, contain the provider's contact information, and explain how the symptoms are unrelated to COVID-19. The note must also be accompanied by signed consent for the school to interact with the healthcare provider.

Scenario 5: The individual does NOT receive a COVID-19 test and does NOT visit a medical professional.

*These timelines are valid for the assumptions described in each scenario. Altering factors such as how long symptoms take to resolve may alter the scenarios and the timelines. These scenarios are intended to be used as examples and are not exhaustive of all possible timelines for isolation.

**Persons who are severely immunocompromised may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing. Your doctor may work with an infectious disease expert or your local health department to determine whether testing will be necessary before you can be around others.

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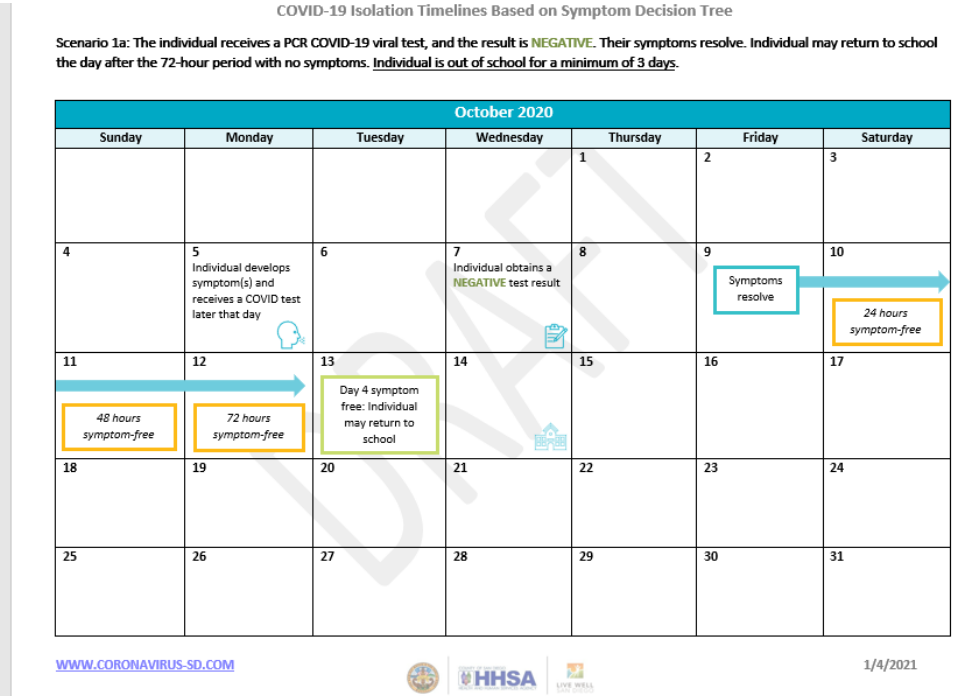

COVID-19 Isolation Timelines Based on Symptom Decision Tree

Scenario 1a: The individual receives a PCR COVID-19 viral test, and the result is NEGATIVE. Their symptoms resolve. Individual may return to school the day after the 72-hour period with no symptoms. Individual is out of school for a minimum of 3 days.

October 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Individual develops symptom(s) and receives a COVID test later that day	6	7 Individual obtains a NEGATIVE test result	8	9 Symptoms resolve	10 24 hours symptom-free
11 48 hours symptom-free	12 72 hours symptom-free	13 Day 4 symptom free: Individual may return to school	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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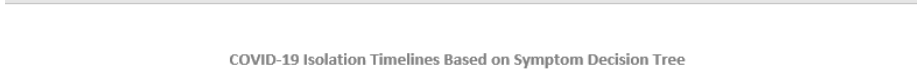
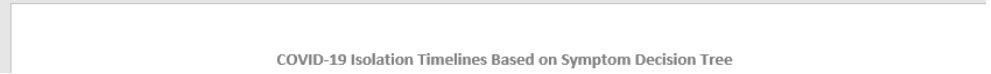


COVID-19 Isolation Timelines Based on Symptom Decision Tree



COVID-19 Isolation Timelines Based on Symptom Decision Tree

SYMPTOM AND TEMP CHECKERS

The COVID-19 symptom & temperature checker “stop or go” documents have been prepared for our K-12 partners, but could be utilized or adapted for childcare facilities.

The "Stop and Go" Guide for COVID-19 Symptom Screening Before School

1 CHECK FOR ANY OF THE FOLLOWING:

- Fever or chills
- Sore throat
- New or worsening cough (not coughs caused by previous conditions, like asthma or allergies)
- Diarrhea, nausea, or vomiting
- Headache, especially with a fever and/or not related to previous condition like migraines
- Congestion or runny nose
- Loss of sense of smell or taste
- Fatigue

No symptoms? You may skip Step 2 and proceed to check your child's temperature.

If your child has a chronic medical condition that may explain these symptoms, then proceed to Step 2. Otherwise, keep your child at home.

2 ASK: IS IT A NEW SYMPTOM?

Some things may look like symptoms of COVID-19 but are actually caused by other conditions. Consider the following scenarios:

How to Take Your Child's Temperature Before School

1 BEFORE TAKING YOUR CHILD'S TEMPERATURE:

Wait 30 minutes after eating, drinking, or exercising.

If you plan to send your child to school, be sure that is has been at least 24 hours since they took any medication that could lower their temperature. Those medicines include:

- Acetaminophen (also called paracetamol)
- Ibuprofen
- Aspirin

2 HOW TO TAKE YOUR CHILD'S TEMPERATURE:

ANNOUNCEMENTS

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CA NOTIFY

How it works:

• CA Notify is a completely voluntary and secure tool to notify people if they've been exposed to someone with covid-19.

• Your privacy is protected. Your identity is not known and your location is not tracked.

• CA Notify uses Bluetooth technology to exchange random codes with the phones of others who have also opted in.

• You will receive an anonymous alert only if you were in close contact with another CA Notify user who tests positive for covid-19.

• You can choose to send an anonymous alert to other CA Notify users if you test positive for covid-19.

CA NOTIFY

How to opt in:

• iPhone users can enable Exposure Notifications directly from Settings:

Step 1: Open the Settings app
Step 2: Scroll to Exposure Notifications
Step 3: Turn on and select United States and California

• Android users can download CA Notify through the Google Play store and follow the prompts to activate.

FLU VACCINE EVENTS

- **Tubman-Chavez**: Sundays, 9:30AM – 4:00PM

- **Imperial Beach Sports Park Recreation**: Biweekly on Saturdays, 9:30AM – 4:00PM

- **St. Francis of Assisi Catholic Church**: Biweekly on Tuesdays, 9:30AM-4:00PM

- **Mexican Consulate**: Biweekly on Tuesdays, 8:30AM-1:30PM

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California Small Businesses Can Begin to Apply for $500 Million COVID-19 Grant Program

Grants will vary from $5,000 to up to $25,000

Small business and non-profit organizations are eligible for the program

First round of applications will be available through January 8.

WE WANT TO HEAR FROM YOU!

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Early Care and Education Sector Support Feedback Form

The Education Sector team is here to support and provide you with the latest COVID-19 updates and resources. Please fill out this short form to let us know how we can better assist you in the new year.

1. What content would you like to be included in future Early Care and Education Sector telebriefings? *

Please select that all apply.

Select or enter value

If OTHER, please indicate in the box below.

2. Early Care and Education Sector Supports *

Which of the following Education Sector communication method(s) has been the most helpful for you? Please select all that apply.

Select or enter value

3. COVID-19 Vaccine Resources *

What communication resources for the COVID-19 Vaccine would be most helpful for your site? Please select all that apply.

Select

4. How have you utilized the resources and information from the Education Sector in your work or community? *

We greatly appreciate your input!

Submit

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